

HFH  
Packing List

- ONE CHECK BAG (MAXIMUM)
- ONE CARRY-ON BAG (MAXIMUM)
- Bug repellent and sun screen [spf 20 or higher] (remember rules on bringing liquids with your carry on and be sure to pack in check bag)
- day bag for trips
- camera (REMEMBER WE WILL BE WORKING ALMOST EVERYDAY, DO NOT BRING NICE/EXPENSIVE CAMERAS)

Clothing

Worksite wear

- This will be a 7 day trip where we will be working for at least 5 of the days.  
Please bring the appropriate amount of undergarments (underwear)
- Two work shirts (must cover shoulders and must not have low neck lines)
- Two pairs of work pants/ (either option must cover the leg below the knee)
- 5 pairs of work socks
- One pair of work shoes (tennis shoes work well, no open toed shoes or sandals of any kind)
- 5 pairs of work gloves (get the cheap kind from the local grocery store as they will probably only last one day for each pair.)
- Hat (something that projects you face and neck from the sun)

Malaysia wear

- 5 shirts (must cover shoulders and must not have a low neck line)
- 2 pairs of pants/shorts (must cover below the knee)
- swim suit (something KIS appropriate also bring a shirt you can get wet to complete your suit)
- Towel
- comfortable shoes (walking shoes)
- 3 to 4 pairs of socks
- sandals (optional)
- clothing for donation to the local people (any and all items will be accepted)

Medical / hygiene

- women's products
- medicine for diarrhea
- medicine for bug bites
- medicine for allergies if needed
- If you have a prescription keep it in the prescription container.
- toiletries
- toilet paper (2 rolls should do the trick)
- band-aids

Optional Stuff (things students from past trips have brought)

Personal Spending Money (Mr. Ski says about \$100)

Gifts for school children

Comfort food

**Critical Stuff**

A POSITIVE ATTITUDE :)